SASKATOON metro®

NEWS WORTH SHARING.

Oral fixation, the new ad blocker

Chowing down on popcorn at the movies makes you less susceptible to advertising, study shows PAGE 5

Ties and tats: No longer taboo?

The rise of Gen Y in the working world means evolving traditional perceptions about attire PAGE 11

GOLDEN GIRLS BACK FOR MORE

FEY AND POEHLER TO HOST GOLDEN GLOBES FOR 2 MORE YEARS PAGE 7

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FINDING OUR FEET

Aspiring ballerinas audition for a spot on the Royal Winnipeg Ballet summer program at Dance Saskatchewan on Tuesday. Members of Saskatchewan's dance community say the province is building a reputation for producing top-notch dancers as more and more major ballet academies and companies host auditions here. Story, page 3. MORGAN MODJESKI/METRO IN SASKATOON

Sask. father sees abduction charge in globe-trotting investigation

Brazil, Ukraine, the Philippines, Canada. Man makes brief court appearance Tuesday

A Saskatchewan man has been charged with abducting his child after a police investigation spanning four countries.

Investigators allege the father travelled with a Brazilian woman and their two-year-old daughter from Brazil to Ukraine in July.

Police say the man then took the little girl and went to the Philippines, where he left her before he returned to Canada.

"The original missing-child report was actually taken in the Ukraine," said Kelsie Fraser, spokeswoman for Saskatoon police, on Tuesday.

"The Brazilian woman, who is the child's mother, returned to Brazil. Authorities there in Brazil alerted authorities here in Canada and Saskatchewan Justice. That's how the file came to us, because that was where the man was believed to be — and was in fact."

Fraser says Saskatoon police were alerted in August and started a long investigation.

"We began trying to locate the man, trying to find out the backstory, and so we liaised regularly with the RCMP national missing-children operation out of Ottawa," said Fraser.

A 47-year-old man was arrested in Saskatoon on Friday. He made a brief court appearance Tuesday.

THE CANADIAN PRESS

Child's fate

Saskatoon police spokeswoman Kelsie Fraser says the child was found over the weekend in the Philippines and is in the care of social services in that country.

- "She was found to be in good health," said Fraser.

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Saskatoon woman takes on affordable housing crisis

Clean living. Lois Mitchell is providing a haven for people who struggle with addiction and mental health

Witnessing what she perceived as a lack of secure housing for people with health issues in Saskatoon inspired Lois Mitchell to take matters into her own hands.

Three years ago she rented a property in Riversdale to provide a safe environment for those who need it most.

"I did it with the intention of giving a home to a friend of mine who was living in a nursing home and wasn't doing very well. I knew that she would do better here," Mitchell told Metro.

However, when her friend passed away, the project took on a new form. She now has six men living with her, most of who have lived on the street and struggled with addiction.

"It's been a matter of figuring out how to manage and that's what I've been working on," said Mitchell. "That's how this house has evolved."

One of the elements of recovery she emphasizes is nutrition and learning essential life skills. A volunteer comes in on a weekly basis to coach the renters on proper eating habits.

"Nutrition has to be part of any program that's designed to help people become independent and take care of themselves," she said.

Eventually she would like to include more mentorship services and resources to pay her volunteers. But to do that she needs funding.

Randy Robinson knows Mitchell as a fellow member of the Saskatoon Anti-Poverty Coalition. He said that while her sobriety house is a "brilliant idea," accessing funding could be a challenge.

"The federal money is really a pittance compared to what we need, and the provincial money basically goes to their own housing units," said Robinson. "Maybe as we move along, the private sector will start to realize we're paying way more taxes because we're allowing people to live homeless."

Lois Mitchell stands outside the property on Avenue E South where she runs a sobriety house. JACOB MORGAN/METRO

JACOB MORGAN/METRO

Sask. becoming hotbed for elite dancers

Saskatoon dancer Keaton Leier, 17
COURTESY RWB

Saskatchewan is starting to take centre stage as a province known for top ballet talent.

With the Royal Winnipeg Ballet (RWB) holding auditions in Saskatoon on Tuesday, some say Saskatchewan's dance community is becoming a hotbed of high culture.

"I feel like our connections with the dance community outside of Saskatchewan are becoming much broader," Michelle McMillan, artistic director of Youth Ballet and Contemporary Dance of Saskatchewan, said in Regina.

"In the past, we would get skipped (by major audition tours) but that seems to be happening less," she added. "But people are making their stops here in Saskatchewan, so we're on the right track."

However, Johanne Gingras, director of the RWB's teacher training program and an instructor with the company, said Saskatchewan has always produced great performers.

"From the time that I have been here, coming to do auditions for Canada's Royal Winnipeg Ballet, I find there's always been a nice pool of talent," she said.

"There's always some nice dancers that you could pick and say, 'One day they might be able to carry that into a professional life.'"

An example of local talent is 17-year-old Keaton Leier of Saskatoon.

Accepted into the RWB's full-time professional program through an audition last year, Leier will soon join the ranks of Canada's dancing elite.

He has advice for young dancers: "It's always really good to try, and to take chances in your career," he said from Winnipeg.

"If I didn't take the chance that I did, because I was scared when I auditioned … I wouldn't be where I am today."

Saskatoon is the only Saskatchewan stop on the RWB's international audition tour, which is stopping in 14 cities across Canada and in one city in the U.S. MORGAN MODJESKI/METRO

Playing a game of thrones

In a speech from the throne Wednesday, the Tories will be driving ahead with their jobs and tough-on-crime agendas while steering slightly to the left to pick up passengers on the social and consumer-issues track. Several consumer-friendly measures are aimed at turning the attention of voters away from the Senate spending controversy.

THE CANADIAN PRESS

Relief ahead for cable, satellite TV subscribers?

The sales pitch will include measures directed at alleviating consumer irritants, such as a plan to force cable and satellite TV providers to adopt a pick-and-pay price model, in conjunction with the bundled-channel payment plans.

LUKE WISLEY (FLICKR: LUKE WISLEY)

The friendly skies could get even friendlier

The Tories also hope voters will appreciate moves to create an airline-passenger bill of rights, designed to compensate people who are inconvenienced when air carriers overbook flights.

Reining in those roaming fees

There will also likely be references to increasing competition in the wireless sector and to capping roaming fees.

"We think roaming fees have been a long-standing concern for not only consumers but for competition within the telecom sector," Industry Minister James Moore said.

Will #thronespeech be a trending topic?

The Conservatives already have a website and Twitter hashtag set up to bring Canadians highlights from the throne speech under the banner "Seizing Canada's Moment — Security and Prosperity in an Uncertain World."

Trudeau: You can't trust the Tories

The opposition is sure to take advantage of the optics. The Tories, says Liberal Leader Justin Trudeau, cannot be trusted to do any of the things they'll promise in the speech.

"You asked for open and honest government," Trudeau says in a video message posted on the party's website. "Instead, you're getting secrecy, distrust and scandal."

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Crunch, crunch, mmm. ‘Oral interference’ blunts power of advertisements

KIERON MONKS
Metro World News in London

Eating popcorn makes you insensitive to advertising in cinemas, as “oral interference” disrupts our ability to learn brand names, claim researchers at the University of Cologne. Test groups who had been eating remembered nothing compared to a group who had not, said study author Dr. Sascha Topolinski, who enlightened us further.

IMAGE: METRO WORLD NEWS

Please explain this mysterious process.

The mouth automatically generates sub-vocal speech when we encounter novel names, which is how a brands embeds itself. But if you are eating something, your mouth cannot train with the word. In our case it was popcorn.

So if my mouth does the remembering, why am I so bad with names?

My last name is difficult so I understand, but people who are bad with names often are suffering interference. Try to keep your mouth free in future.

Can I ignore advertising everywhere by chewing at the right times?

It could work — say by chewing gum to avoid TV commercials and Internet banners. Our subjects quite enjoyed the cinema adverts without being able to remember anything about them.

So it works with all foods?

Yes and by vocal interaction like chatting, even smoking a cigarette would have that effect.

Fraser Institute

Pipelines safer than rail or truck for workers: Report

A Fraser Institute report says pipeline is the safest way to transport oil for workers.

The study found rates of injury requiring hospitalization in the U.S. were 30 times lower among pipeline workers than rail workers involved in shipping oil.

THE CANADIAN PRESS

Market Minute

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YOUR UNIVERSITY

Realize. Our contributions to culture.

The University of Regina plays a crucial role in the cultural well-being of our community and has a significant impact on the provincial and national scene as well.

Our campus is a cultural destination – connecting community members to student and faculty-created visual art, music, theatre and film. We also have a strong arts education program in the Faculty of Education that helps graduating teachers inspire and educate our province’s next generation of artists.

The University provides crucial support for Saskatchewan’s arts and culture industries and helps promote Saskatchewan’s rich cultural heritage. Our graduates make an impact throughout Saskatchewan and beyond in professional careers ranging from artists and teachers to designers and business owners.

As part of our continuing contribution to culture, we are raising funds for the revitalization of College Avenue Campus, an initiative that includes the restoration of the College Building, Conservatory of Performing Arts, and Darke Hall. The project will restore and honour the vision Frank Darke had upon funding its construction – “to build a temple to the arts, and a centre for cultural activity for the University and the community.”

University of Regina

www.uregina.ca

FLYING SOMEWHERE? TAKE A SEAT

JUST SAYIN'

Mike Benhaim
metronews.ca

I am told there was a time when "flying the friendly skies" was a luxurious experience. That, of course, was before the skies became just a little less neighbourly.

Now, every time I travel, I have to head to the airport three hours early so that I have time to check my luggage, completely disrobe for security, have them confiscate half of my toiletries, then be told that my carry-on can't be carried on because I recklessly included a pair of tweezers, which nowadays, is tantamount to a weapon of mass destruction.

I then have to gather all of my personal belongings, get dressed all over again, wait in line to buy a$12 bottle of water, because apparently it's OK to have one, just not to carry your reasonably-priced one past the checkpoint. Then I head to the gate for boarding. Theoretically, it would be here that I could finally relax and enjoy the journey, only now I am starving and that bottle of water has made me require use of the facilities. Unfortunately, we are now under the strict regime of air transit regulations, meaning that first I have to undergo a training seminar on seat-belt fastening and proper employment of oxygen masks that we faithfully assume will reveal themselves in the event of a shift in cabin pressure. Then, once finally liberated from our shackles by a light and faint Pavlovian bell, I find myself behind every weak-bladdered and nervous-stomached traveller for a chance to approach the majestic lavatory. When I finally emerge, the refreshment cart has passed me by, which is just as well because, while they do sell food you don't want at prices it isn't worth, they no longer accept cash anyway. Only Visa and perhaps Amex, but as luck would have it, I only brought my MasterCard.

Now, I may be frustrated, hungry, and cranky, but I would never think to take it out on any of the flight crew. After all, they're just doing their job, and even if they weren't, any loss of composure could get me Tasered by an air marshal and/or put on the no-fly list, which in addition to complicating future travel, would really make it hard to get back home.

That said, I take comfort in the fact that the Security Authority's ever-growing roster of ordinances, while occasionally misguided, are intended toward the honourable purpose of keeping us all safe and sound. Then, just over a week ago, a nine-year-old kid with no ticket, no money, and no adult supervision manages to hop on a flight to Vegas.

Now, I find myself compelled to rethink.

Just sayin'.

Mike Benhaim is filling in for Paul Sullivan, who will return next week.

ZOOM

Artist toys with Chinese politician

RAY TANG/REX

Pixelated piece made of soldiers

At first glance, this picture looks like a pixelated portrait of Chinese Chairman Mao Zedong, but on closer inspection of Workers of the world, Unite!, by artist Joe Black, the image reveals thousands of hand-painted toy soldiers. Black refers to the juxtaposition of the singular and the collective as "Up close and far away."

METRO

Mao's face is in pieces.

OIL SCARFF/GETTY IMAGES

Worth thousands of pieces

15,000

hand-painted soldiers were used to create the portrait of Mao Zedong. The cost is $80,000 and the size is 240 by 180 centimetres.

Clickbait

HANNAH ZITNER
hannah.zitner@metronews.ca

If the rise and consequent fall of the scrapbooking trend has your organized, creative side feeling unfulfilled, you'll be happy to hear the trend is back. Only this time it requires no pinking scissors and fewer jagged edges to clean up.

ISTOCK IMAGES

Smilebox:

Lets you choose your own layout, theme, etc., and easily integrates with Facebook to let you share your creation with your pals.

Mixbook:

More of a photo book than scrapbook really, but Mixbook lets you design and order a personalized scrapbook.

Keepy:

For parents who want to keep all of their kids' drawings, report cards and scribbled art projects, Keepy lets you upload and annotate each keepsake — without cluttering up that storage space.

Comments

RE: Unpaid Interns: Toronto Students Scrub Hotel Toilets For Nothing, published Oct. 15

A Vancouver luxury hotel placed an ad seeking unpaid interns to bus tables last month, igniting public outcry. Now, several interns have complained they aren't gaining necessary experience performing menial jobs.

Her internship had nothing to do with her hopes and dreams to work in the hotel and hospitality industry.

When she one day applies for a career job, and puts down her experience as "I am great at changing sheets, cleaning toilets and disposing of used condoms," will that help?

What happened to her and many other interns is not right and it is not fair. The only hope she and many have is to suck it up and hope to make some kind of contact that can help them in the future.

But with four interns per year (one every three months), over two year period (assumed length of the program she is studying) how many interns is she now competing with?

And all are relying on the same contact or several contacts at the same place.

Let's say she is going to medical school and wants to be a surgeon, her internship would be equivalent to sitting at a receptionist desk and doing patient data entry. Calling patients, following up on surgeries, booking appointments, etc. After four years, you may be the best data entry clerk, but you can definitely not perform a surgery. At least I wouldn't let you touch me.

MrTENz posted to metronews.ca

WE WANT TO HEAR FROM YOU: Send us your comments: saskatoonletters@metronews.ca

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No more teardrops on her guitar, this girl has made it

Taylor Swift. On the heels of a record-setting sixth songwriter-artist of the year award, star says her next album is taking a 'different turn'

Songwriting is the topic of the moment for Taylor Swift. The 23-year-old pop star was honoured for a record sixth time as songwriter-artist of the year by the Nashville Songwriters Association International, surpassing guys like Vince Gill and Alan Jackson. She earned the award with 14 hits in the top 30 over the last year, a tribute to the popularity of her fourth album, Red.

As Swift accepts the award, she's six months deep in the songwriting process for her next album. "I think the goal for the next album is to continue to change, and never change in the same way twice," the seven-time Grammy winner said.

"How do I write these figurative diary entries in ways that I've never written them before and to a sonic backdrop that I've never explored before? It's my fifth album, which is crazy to think about, but I think what I'm noticing about it so far is it's definitely taking a different turn than anything I've done before."

Swift sat down for an interview after the ribbon-cutting on the new $4-million US Taylor Swift Education Center at the Country Music Hall of Fame and Museum in her adopted hometown of Nashville.

Next month you leave on a stadium tour of Australia, making you the first female solo performer to tour that country since Madonna 20 years ago. Madonna was the top pop star in the world at the time. Do you see yourself as that kind of pop star?

I would never see myself that way. I see myself as kind of this girl who writes songs in her bedroom. You can kind of dress it up all you want and you can put together an amazing theatrical production; you can become a better performer as time goes by, and you can try to excite people, but I'm always going to be a girl who writes songs in her bedroom in my own personal perception of myself.

You said recently you've been working on songs for the new album for about six months. What can you tell us about what you have planned?

It's too early to tell who are going to be my predominant collaborators, but I do know that my absolute dream collaborators were Shellback and Max Martin on the last project. I've never been so challenged as a songwriter. I've never learned so much. I've never just been so excited to show up to the studio every day, just because you never know what we're going to put together.

I'll bring in ideas and they'll take such a different turn than where I thought they were going to go, and that level of unexpected spontaneity is something that really thrills me in the process of making music. ... "What if we did this? What if we made it weirder? What if we took it darker?" I love people who have endless strange and exciting ideas about where music can go.

Taylor Swift appears at the premiere of Romeo and Juliet in Los Angeles on Sept. 24. Swift has just been named songwriter-artist of the year by the Nashville Songwriters Association International for a record-setting six times. She's also up for entertainer of the year at the CMAs on Nov. 6. If she wins, she'd be the first woman with three such titles. THE ASSOCIATED PRESS FILE

How far are you willing to push the boundaries of your sound?

I definitely think that with music my favourite thing about Nashville is that it's a music hub that accepts and allows all genres to be present, and I think there's been a kind of fusing of genres lately that for me makes me really happy and excited. I am blown away at getting six CMA nominations in a year that I pushed the boundaries of what a genre is more than ever before. I'm so happy that people understood what I was doing conceptually.

Getting those six CMA nominations to me signified that this community knew that I was not running from where I come from. I was exploring, and I think the more people who know what country music is, the more people will gravitate toward Nashville.

THE ASSOCIATED PRESS

Golden Globes bring back the golden pair

Awards season. Tina Fey and Amy Poehler sign on for two more years of hosting the show after receiving critical acclaim

The duo of Tina Fey and Amy Poehler proved such a success at hosting the Golden Globes in January that they've been signed up for the same job for the next two years.

NBC, the Hollywood Foreign Press Association and producers of the Golden Globes announced the unusual two-year commitment on Tuesday. Next year's Golden Globes will be held in Beverly Hills, Calif., on Jan. 12.

Allen Shapiro, CEO of Dick Clark Productions, said the former Saturday Night Live chums have "a truly unique chemistry, making them one of the most talented and captivating pairings of all time."

They were bathed in critical love for their performance this year, with The Associated Press critic Frazier Moore calling them "the night's biggest winners."

They got laughs without being polarizing, as was the case with predecessor Ricky Gervais.

Fey, whose NBC comedy 30 Rock ended this year, and Poehler were both nominated for best actress in a comedy or musical but lost to Lena Dunham, star of HBO's Girls.

More important than critical support, they were good for business. The Golden Globes had their best ratings in six years with the duo.

THE ASSOCIATED PRESS

Get used to seeing these faces at the Golden Globes for the next couple years. CONTRIBUTED

SCENE

Twitter

@TheRock
My team, entire production & fellow actors..Been a long 6 months. Fight the fatigue & finish strong. 2 days left. #ProudOfU #HERCULESMovie

@JohnStamos
Is it my imagination or a lot of movie actors that don't work in movies anymore SPRINTING to television?

@jimmykimmel
why NOT order an edible arrangement for yourself?

Forget the tuna, get Kate some OJ

As pregnant Kate Winslet eases into her third trimester, she admits her cravings aren't living up to the stories she hears about other pregnancies.

"At the moment, I seem to be wanting orange juice a lot," she tells Us Weekly. "I don't know quite why that is, but it's not so weird. I wish I could tell you I had some weird craving. I wish I could be like that woman on the advert who loves tuna fish and banana, but I'm not like that at all."

Kate Winslet

Meanwhile, Winslet insists she's totally fine doing press for her next film, Labor Day, with her due date approaching. "Just don't let me sneeze," she warns, "because I might wet myself at the same time."

OCTOBER 22, 2013. SHERATON CAVALIER, SASKATOON.

An inaugural development event for women in or interested in the natural resources sector in Saskatchewan that provides skill development and networking.

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METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES

Moving on

Seems Miley is sweet on the Rolling Stone heir

It looks like Miley Cyrus has gotten over her broken engagement to Liam Hemsworth pretty quickly, as the Wrecking Ball singer is reportedly smitten with Rolling Stone magazine heir Theo Wenner, according to Radar Online.

"She's definitely dating him," a source says. "Miley talks about how hot Theo is and how nice he's been to her. She's definitely completely in lust with him." Cyrus even reportedly made time for Wenner while launching her new album, Bangerz, in New York last week. "He didn't come to the release party, but she snuck out at one point and went and met him at the Plaza," the source says. "She said she's never met anyone as sweet as Theo."

Why Gwyneth should beware Vanity Fair

Gwyneth Paltrow should probably be bracing herself for a blockbuster take-down piece on her that Vanity Fair is planning to publish.

"We started a story on her. We have a very good writer and it'll run," the magazine's editor-in-chief, Graydon Carter, tells the Times of London.

In fact, Paltrow apparently helped ensure the piece will go forward when she emailed friends and colleagues pleading with them to not cooperate with the article's author and never work with the magazine again. "She sort of forced my hand," Carter says.

Gwyneth Paltrow
ALL PHOTOS GETTY IMAGES

South Beach is filled with beautiful Art Deco architecture and is a great spot for people watching. JIM BYERS/METRO

Where the pretty people are

Miami. From South Beach to Art Deco walking tours, there's something for all

JIM BYERS
@jimbyerstravel
jimbyerstravel.com

Sleek, chic and sexy. This is a city that's got a lot on the go, and it's consistently one of the top draws for Canadians looking for a place in the sun with a bit of attitude. Whether it's clubbing in a brilliant turquoise Art Deco building in South Beach or doffing your duds at one of the few legal nude beaches in the U.S., this is a town with something for everyone.

Sleeping

The Soho Beach House, a few blocks north of South Beach, is cooler than the other side of the pillow on a winter camping trip in Yellowknife. There's a rooftop bar with perfectly weathered chairs, a sleek restaurant under the trees, a glam pool with striped blue and white cushions and it's right on Miami Beach. The lobby screams urban cool, and they also get cheeky with Cowshed toiletries that have names like Horny Cow and Knackered Cow. Uptown in Sunny Isles, not far from the shops of Aventura Mall, is Sole on the Ocean, which has a Miami Vice meets Brazil and Russia vibe, thanks to the shoppers who flock here. The bar is modern and glassy and they have a cozy pool and nice cabanas. Rooms go from around $325 a night at the Soho Beach House in October, while you can grab Sole for $216 a night and up.

Dining

Just steps from trendy Lincoln Road on Lenox Avenue, Yardbird is a gem for southern food. There's a nice patio, and inside you'll find a warm decor with an open kitchen and chalkboard signs that extol the virtues of bacon. The fried chicken is moist and tender and served on superbly fluffy biscuits with honey and sweet pepper jelly. The kale salad comes with shaved cheddar, apples, onion and "moonshine soaked" raisins. Back up in Sunny Isles, Timo has a wood oven for pizza and does a flavourful fennel and arugula salad with oranges, figs and a pistachio vinaigrette. The pastry chef makes an incredible genoise cheese flan topped with vanilla ice cream and toasted coconut in a pool of salted caramel with a chocolate drizzle. The News Café in South Beach (open 24 hours) is a great spot for lunch or breakfast and has two-for-one happy hours Monday to Friday from 4 to 7 p.m.

The Breakwater is one of the real Art Deco gems of South Beach. JIM BYERS/METRO

Drinking

The Clevelander Hotel is a 1938 Art Deco beauty that spouts loud music more or less all day, with dancing girls gyrating inches from the sidewalk. It's said to be the highest-grossing bar in Florida. At Soho Beach House opt for the Picante de la Casa, with tequila, lime, cilantro and agave, topped with a red chile pepper for a smoky kick. Yardbird has bourbons you might never see in Canada.

Doing

Take a tour from the Art Deco visitors centre at 10th and Ocean to check out sleek designs and to learn steamy details about the private lives of Hollywood stars.

A few simple substitutions take hummus from Middle East to Italy

This recipe serves four. MATTHEW MEAD/ THE ASSOCIATED PRESS

What would happen if hummus had been invented in Italy, rather than the Middle East?

Answer the question with this simple reimagining of the classic chickpea purée.

It's not as discordant as you might think. Many of the same flavour profiles can be found across both Italian and Middle Eastern cuisines.

Which makes sense, given relative geographic proximity. Even the ingredients and technique have common ground.

Italians make generous use of chickpeas and lemons — both essential to classic hummus. Though in the case of chickpeas, Italians tend to use them more often in soups and pastas than in spreads.

And when they do make spreads, they often reach for other beans, such as favas. While traditional hummus relies on tahini (ground sesame seeds) to add richness, Italians probably would be more inclined to reach for pine nuts.

So with those substitutions in mind, this delicious Italian-style hummus is topped with diced tomatoes spiked with balsamic vinegar.

1. In a food processor, combine the beans, half of the garlic, pine nuts, lemon zest and juice, and 1 tablespoon of the rosemary. Process until chunky smooth.

2. With the processor running, drizzle in the olive oil until the hummus reaches a smooth, silky texture. Taste, then season with salt and pepper, and set aside.

3. In a bowl, toss together the tomatoes, the remaining 1 teaspoon of rosemary and the remaining garlic. Taste, then season with salt and pepper.

4. Spoon the hummus into a wide, shallow bowl, using the back of the spoon to form a cavity at the centre.

5. Spoon tomatoes into the cavity in the hummus. Drizzle olive oil over the tomatoes and hummus, then sprinkle with a few drops of balsamic vinegar. THE ASSOCIATED PRESS

Ingredients

- 15-oz can cannellini or other white beans, drained and rinsed
- 6 cloves garlic, minced, divided
- 1/2 cup pine nuts
- Zest and juice of 1 lemon
- 1 tbsp plus 1 tsp chopped fresh rosemary
- 1/3 cup extra-virgin olive oil, plus extra
- Salt and ground black pepper
- 1 large tomato, diced
- Balsamic vinegar

Drink of the Week

Citrus Bubbly

Serve your appetizers with this refreshing drink that sparkles thanks to sparkling wine and has a citrusy flavour due to a combination of lime and lemon.

- 1 tsp lime juice
- 1 tsp lemon juice
- 1/2 oz Cointreau or other orange liqueur
- Sparkling wine, chilled
- Lemon twist, to garnish

In a Champagne flute, gently stir together the lime juice, lemon juice and orange liqueur. Top with sparkling wine, then garnish with a lemon twist.

THE ASSOCIATED PRESS

Fall for an autumn mix

1. Heat oven to 400 F.

2. Dry the chickpeas thoroughly by spreading them on a large plate and patting them dry with kitchen towels. Transfer to a bowl, then toss with 1 tablespoon of the oil, 1 teaspoon of the spice blend, if using, and salt and pepper to taste. Once the chickpeas are evenly coated, transfer them to a baking sheet and spread them in a single layer. Bake on oven's middle rack until golden and crispy, 25 to 35 minutes, shaking the tray to toss after the first 15 minutes. Remove the baking sheet from the oven and transfer the chickpeas to a serving bowl. Reduce the oven to 300 F.

3. Arrange the pumpkin seeds in a single layer on the sheet pan. Bake on the oven's middle rack for 10 minutes.

4. After the pumpkin seeds have baked, in a large skillet over medium, heat the remaining tablespoon of oil. Reduce the heat to medium-low, add the pumpkins seeds and cook, stirring, for 7 to 10 minutes. Add the remaining teaspoon of spice blend, if using, and salt and pepper to taste. Continue to cook, stirring, until the pumpkin seeds are golden and crispy, another 3 to 5 minutes.

5. Transfer the seeds to the serving bowl. Add the cranberries and pistachios and toss well.

THE ASSOCIATED PRESS/ SARA MOULTON, AUTHOR OF THREE COOKBOOKS, INCLUDING SARA MOULTON'S EVERYDAY FAMILY DINNERS.

Ingredients

- 15-oz can chickpeas, drained and rinsed
- 2 tbsp olive oil, divided
- 2 tsp spice blend, such as curry powder, garam masala, chili powder, divided (optional)
- Kosher salt and ground black pepper
- 1 3/4 cups raw pumpkin seeds, cleaned and drained, but not patted dry
- 3/4 cup dried cranberries, dried cherries, raisins, or a mix
- 3/4 cup unsalted raw or roasted pistachios, peanuts, almonds or cashews

Value Village

Check out **valuevillage.com** for even more great ideas plus DIY costume how-tos!

#thriftortreat

Can that something up your sleeve impede your ability to succeed?

A bold personal brand.
Students and grads speak up on tattoos in the workplace

MEGHAN GREAVES
TalentEgg.ca

The influx of millennials into the workforce and the potential for age gaps between co-workers can result in mixed opinions on what is considered appropriate office wear.

Gen Y is often viewed as having a more casual approach to office appearance. That's not to say all millennials want to wear their sweatpants to work. It just means that younger hires are perceived to have open minds when it comes to what is acceptable in the office.

Kim Holt recently graduated from McMaster University and entered the workforce with tattoos.

Here's what Holt had to say about how tattoos can work both ways for your career.

Did you think about the effect your tattoos might have on your career?

I 100 per cent thought about how my tattoos might affect my career before I got them. However, aside from my tattoos, I have always been a creative and eccentric person. I knew from a very young age that when I grew up I was going to be in a field that thrived on creativity and originality.

Does this worker's indelible accessory make you question his professionalism? ISTOCK

Has having tattoos ever hindered your career or education?

Yes and no — having tattoos has yet to hinder my education. Many universities these days pride themselves on their acceptance of diversity. My tattoos have yet to impact my career.

Have you had to adjust your clothing at times to avoid a potential employer seeing them or felt stereotyped by an employer for having tattoos?

Where I currently work, I have never been made to feel like I cannot show my tattoos. However, when I first interviewed for the job I did dress appropriately and professionally. I think that no matter what kind of job you are interviewing for (whether you are allowed to show your tattoos or not), dressing formal is simply a sign of respect. It shows the potential employer that this is something you thought about, you have come prepared, and you took yourself out of your everyday life and into the world of employment. I have interviewed for many casual and formal attire jobs and I never let the day-to-day attire influence my interview wear.

If you could give one piece of advice to job seekers who are considering getting tattoos, what would it be?

Tattoos are a small part of a big picture. We can't predict the future but if an individual thinks that a tattoo is going to make them happy, then do it. Who is to say what we will regret in the future and what we won't? The only person who can control your happiness is yourself, and every person has their own way of fulfilling their happiness and self-expression and for me one of those ways just happens to be tattoos.

So what do you ink?

What did other millennials have to say about tattoos in the workplace?

- **"The coffee shop I used to work at has a zero policy on tattoos.** You have to cover tattoos with long sleeves, a sweater or even a Band-Aid if it's on your wrist or similar to that." - J. Charbonneau
- "I work in long-term care and many personal support workers have tattoos which are fully visible and I have not heard or seen anything negative. Many of our residents have tattoos also." - A. Lewis
- "I have worked in two restaurant chains in the past and neither have ever said anything or required cover-up regarding mine and my coworkers' tattoos. Customers on the other hand, sometimes do not hide their disapproval, which I find quite hilarious." - A. Dungan
- "From a non-tattooed perspective, it drives me insane when tattoos are visible in the workplace. I just find it so distracting and unprofessional. That being said, this is more of a clothing choice issue, not the actual tattoo itself." - N. Magistrale

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Magical treat

Tahiti. The best and most affordable way to see these majestic islands is on a cruise

DIANE TIERNEY
For Metro

Enjoy water sports from the drop-down marina at the stern of the Paul Gaugin. DIANE TIERNEY/FOR METRO

There are many different shore excursions to explore each island. DIANE TIERNEY/FOR METRO

Tahiti has a magical, mysterious atmosphere that is unlike any island destination in the world. Its haunting beauty has you hearing Bali Ha'i in the breeze, while being mesmerized by the dramatic scenery that suggests you are visiting Jurassic Park.

Tourism hasn't spoiled this destination because it can be expensive to stay on land. So the best and most affordable way to see these intoxicating islands is on a cruise. With some cruise lines offering half-price cruises and free airfare from Los Angeles, this dream trip is more affordable than ever.

PG Cruises' Paul Gaugin ship offers an unparalleled experience. The ship is specifically designed for Tahiti's shallow, secluded lagoons. It recently underwent a $6-million enhancement and is rated five stars.

Service on board is excellent because there are 225 crew members to 332 passengers. This high staff-to-passenger ratio means waiters will know your name and favourite drink by the second day. The food is sumptuous thanks to chef Jean-Pierre Vigato's talent. You will enjoy meals similar to what's served in Apicius, his two-star Michelin-rated restaurant in Paris.

Enjoy dining on board because on land even the most casual restaurant charges $15 for a cheeseburger. A cocktail at Bloody Mary's, the famous celebrity haunt on Bora Bora, is about $10. Since so much is imported from New Zealand, costs are high everywhere.

You won't have to shell out cash to rent water sports equipment on land either. Just use the ship's kayaks, windsurfers, banana boats and snorkel equipment from the drop-down marina that opens up at the stern.

Each island offers an unforgettable wow factor. Huahine is made up of two dramatic mountain ranges. It used to be the centre of Polynesian culture so has many rich archeological sites such as ceremonial temples. Also fascinating are the sacred eels. They have bright blue eyes and grow up to six feet long. They are harmless so you can wade into the water and feed them.

Fakarava is the second largest atoll and the ancient capital is filled with numerous unexplored motus (islets). Protected by UNESCO, Fakarava is proud of its rare crustaceans such as squills and sea cicadas. Visit a pearl farm on the water, snorkel around the hut and you will appreciate this island as a mecca for underwater beauty.

Bora Bora's famous Mount Otemanu, remnants of an extinct volcano, is a symbol of Tahiti for its dramatic peak. Its velvet green slopes drop steeply to the blue lagoon below. Hike or bike around this lush island, or enjoy a multitude of water activities to keep cool.

Taha'a is often called the Vanilla Island for its numerous plantations of what Tahitians call black gold. On this island, PG chefs prepare a delicious barbecue on the beach and offer drinks from a floating bar.

Explore Moorea by jeep and you will see pineapple, vanilla, banana and grapefruit plantations, visit ancient stone temples and stop at the Belvedere lookout to see Cook's Bay. You can also feed stingrays in the shallow water at Motu Ono.

For more information, visit pgcruises.com or call 800-848-6172. Sailings are currently 50 per cent off and include airfare from Los Angeles. For Pearl Resorts & Spa, visit spmhotels.com.

Over-water bungalows

- The Pearl Resorts & Spa features the famous over-water bungalows. Nothing quite prepares you for the romantic atmosphere of these luxurious huts. Glass floors around the bed allow you to see fish and hear the waves lapping at night. In the morning, breakfast is brought to you by outrigger canoe. If you can splurge and spend just one night on land as a shore excursion, this is the quintessential Tahiti treat.

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Aaron Hernandez case

Fiancée pleads not guilty to perjury

The fiancée of former New England Patriot Aaron Hernandez pleaded not guilty Tuesday to a perjury charge for allegedly lying to a Massachusetts grand jury, including about disposing of evidence in the murder case against him.

Shayanna Jenkins
THE ASSOCIATED PRESS

Shayanna Jenkins was released on personal recognizance during her arraignment on a single perjury count.

Bristol County Assistant District Attorney Patrick Bomberg said Jenkins lied to the grand jury hearing evidence in the case in August, including about where she threw out a box Hernandez asked her to "get rid of" in the aftermath of Odin Lloyd's killing. THE ASSOCIATED PRESS

Sean Edwards

British racer killed in training crash

Sean Edwards, a promising British driver, died Tuesday in a crash during training. He was 26.

Edwards, the Supercup Championship leader, was in the passenger seat as an instructor for a private training session at Queensland Raceway at Willowbank, outside Brisbane, Australia, Porsche Motorsport said.

A 20-year-old local driver was behind the wheel when the car crashed into a tire wall and caught fire. THE ASSOCIATED PRESS

Mike Napoli of the Red Sox hits a solo home run during Game 3 of the ALCS against the Tigers on Tuesday in Detroit. CHARLIE RIEDEL/THE ASSOCIATED PRESS

BoSox win by a hair in fine pitching duel

MLB playoffs. Napoli homer produces game's only run as Boston takes 2-1 series lead

Once again this October, one run was enough.

John Lackey edged Justin Verlander in the latest duel of these pitching-rich playoffs, and Boston's bullpen shut down Detroit's big boppers with the game on the line to lift the Red Sox over the Tigers 1-0 Tuesday for a 2-1 lead in the AL championship series.

Mike Napoli homered off Verlander in the seventh inning, and Detroit's best chance to rally fell short in the eighth when Miguel Cabrera and Prince Fielder struck out with runners at the corners.

"The runs are pretty stingy," Tigers manager Jim Leyland said. "This is what it's about in post-season, is good pitching."

Despite three straight gems by their starters, the Tigers suddenly trail in a best-of-seven series they seemed to control just two days ago. Game 4 is Wednesday night in Detroit, with Jake Peavy scheduled to start for the Red Sox against Doug Fister.

Lackey allowed four hits in 6 2/3 innings, striking out eight without a walk in a game that was delayed 17 minutes in the second inning because lights on the stadium towers went out.

"I think that little time off gave him a chance to slow down a little bit. He was excited and pumped that first inning," Boston catcher Jarrod Saltalamacchia said. "Kind of getting excited with his slider, throwing a little too hard and leaving it over the middle, but he was still pretty effective."

It was the second 1-0 game in this matchup between the highest-scoring teams in the majors. THE ASSOCIATED PRESS

Cards near NL title

Matt Holliday and pinch-hitter Shane Robinson hit the first home runs of the NL championship series, and the St. Louis Cardinals beat the Los Angeles Dodgers 4-2 on Tuesday night to take a 3-1 lead in the best-of-seven matchup.

Pens drop Oil, stay perfect at home

Evgeni Malkin and goalie Marc-Andre Fleury combine to keep the puck out of the net. GETTY IMAGES

Evgeni Malkin's power-play goal 7:20 into the third period put the Pittsburgh Penguins in front for good and the Penguins stayed hot at home with a 3-2 win over the Edmonton Oilers on Tuesday night.

Pascal Dupuis and Chris Kunitz also scored for Pittsburgh. Sidney Crosby assisted on all three Penguin goals to vault him into the NHL scoring lead. Marc-Andre Fleury stopped 20 shots for Pittsburgh to improve to 5-0 on the season.

Ales Hemsky and Jordan Eberle scored for Edmonton. Jason Labarbera made 25 saves, but struggled with puck control as the Oilers dropped their fourth straight.

Edmonton twice battled back to tie it but had no answer after Malkin's second goal of the season. Crosby earned the secondary assist on the score and has points in each of Pittsburgh's first six games.

The Penguins haven't trailed at home yet this season and wasted little time jumping on the well-travelled Oilers, who were playing their third game in four nights. Crosby collected the puck behind the Edmonton net and flipped a pass that deflected off Kunitz's stick and went right to Dupuis, who slipped a shot between Labarbera's legs to make it 1-0 just 3:08 into the first period.

The Oilers collected themselves early in the second, tying the game when Hemsky poked in a rebound for his second goal of the season. THE ASSOCIATED PRESS

Around the league

- **Maple Leafs 4, Wild 1.** Toronto scored four goals on 14 shots and goalie James Reimer frustrated Minnesota by making 37 saves.
- **Canucks 3, Flyers 2.** Ryan Kesler scored the second of his two goals with 2:25 remaining in Vancouver's road win.
- **Canadiens 3, Jets 0.** Carey Price made 35 saves in the Habs' third straight win.

4 SPORTS

DRIVE 5

Hyundai's safety double act keeps your head up, your eyes on the road

Autopilot. Automaker has paired the clever duo of Heads Up Display and Blind Spot Detection with excellent result for their flagship model the Equus

AUTO PILOT
Mike Goetz
drive@metronews.ca

Side profile of Hyundai's new flagship model the Equus, which comes complete with HUD and BSD. BOTH IMAGES HYUNDAI

So many new features and functions are being baked into modern vehicles today that sometimes even really remarkable ones get overlooked or lost in the shuffle.

Especially if they're really tiny — the kind you could metaphorically sit on by mistake. As such, I would like to draw your attention to something small but big on Hyundai's flagship, the Equus. The big sedan was updated for 2014 and received a slew of new technologies and features. Among them were Blind-Spot Detection and a Heads-Up Display (HUD).

Now, both these features are cool enough, but certainly not NASA-like. What's unique and exciting is that Equus is the first vehicle ever to combine the two. It's like Bert and Ernie: Separately, they're funny, but together they can blow your comedy mind.

For those not familiar with Heads Up Display, it is a technology first developed for military aircraft. Information is projected right onto the windshield, so pilots could keep their "head up" and look forward, and not down and around, to where all the gauges are located. The HUD data is small and transparent, so you can see through it. It doesn't affect forward vision.

The need to keep "heads up" is not as crucial in automobiles, but putting stuff like vehicle speed and navigation directions in a HUD is wildly convenient.

But Blind Spot Warnings in the HUD is a completely other thing — it really changes the way you drive in traffic. You never have to turn your head! You're always looking down the road and when vehicles come in and out of your rear-flank blinds spots, you get a polite, little visual notice in the HUD.

I found this really reduced the stress of having to deal with other vehicles on the highway. I only attempted lane changes when I knew it was "all clear" and I never spent time looking and craning for gaps that never existed. And when I changed lanes, I changed with confidence. I always confirmed with shoulder checks, but no one was there when I did. It's a simple, brilliant, little piece of technology.

The only caveat is that it frees up part of the driving brain. This should be useful, but most times you just start having Seinfeld moments, and wonder about stuff that doesn't really help mankind, like why is breakfast sausage typically thinner than regular sausage?

Look closely at the windshield and you can see HUD in action.

I'm sure we'll see this technology trickle down to vehicles costing less than the $72,229 Equus Ultimate. It's always happened before, with other useful technologies. Witness cigarette lighters, cruise, heated seats, air bags, ABS, etc.

But keep your eye on the Google Glass. It could be the wild card in the vehicle HUD story, as it seems bent on becoming the HUD of choice for everything.

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Horoscopes

♈ Aries
March 21 - April 20
Nothing is beyond your capabilities today but you must be clear what you desire. If not, you may scatter your energy while failing to reach the one destination that matters.

♉ Taurus
April 21 - May 21
Someone who usually gives you a hard time will be as nice as pie today and you will be a bit suspicious. They do want to improve your relationship. Meet them halfway.

♊ Gemini
May 22 - June 21
People are different and clashes of opinion are inevitable. It is how you choose to deal with them that counts. Don't try to shout others down. Discuss your differences rationally.

♋ Cancer
June 22 - July 23
Listen to and act upon your instincts. If you proceed on the assumption that your inner voice knows best, you won't go wrong. If you listen to "experts", you may go everywhere but where you should.

♌ Leo
July 24 - Aug. 23
The more others tell you that something cannot be done, the more you will strive to prove them wrong. You won't even have to strive too hard as everything comes easy to you now.

♍ Virgo
Aug. 24 - Sept. 23
The cure for the blues is action, so throw yourself into something that requires effort and concentration today and you will soon forget your worries — and you'll be in a more positive mood to deal with Friday's eclipse.

♎ Libra
Sept. 24 - Oct. 23
Venus, your ruler, linked to Uranus, planet of the unexpected, will bring nice surprises today but don't take anything for granted. Find ways to show you appreciate it.

♏ Scorpio
Oct. 24 - Nov. 22
Your enemies may be tough but you are tougher and no matter how hard they try to outsmart you over the next 24 hours, they won't succeed. Be gracious and forgiving in victory. It'll annoy them more.

♐ Sagittarius
Nov. 23 - Dec. 21
Someone new will come into your life over the next 24 hours, someone who makes a big impression. Will you fall head over heels in love? Maybe. But even if you don't, it's a friendship made in heaven.

♑ Capricorn
Dec. 22 - Jan. 20
Today's Venus-Uranus link will perk you up and help you see that even when things seem to be going wrong you are still moving in the right direction. Don't worry about tomorrow.

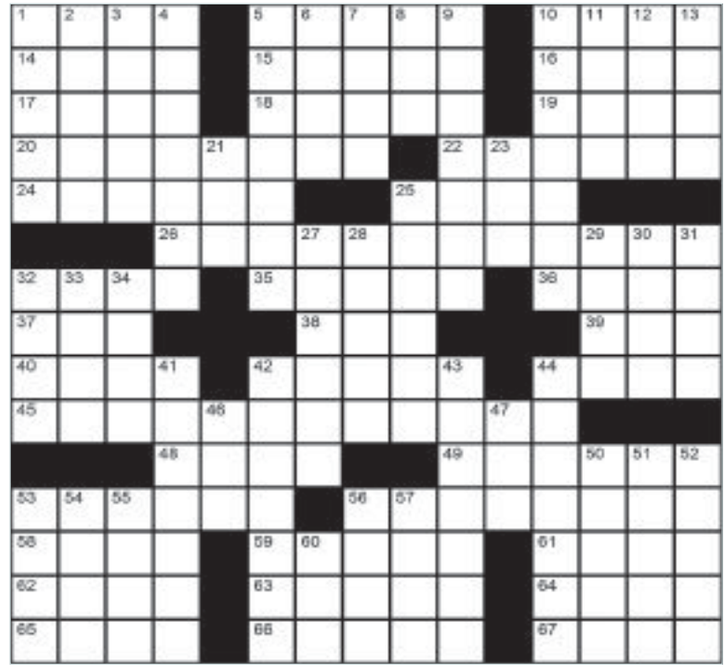
♒ Aquarius
Jan. 21 - Feb. 19
Push your luck as far as it will go today. You may be surprised how easily others give in to your demands. For best results though, make sure they gain too. There's more than enough good stuff to go around.

♓ Pisces
Feb. 20 - March 20
Go all out to impress those in positions of power. The more you act as if nothing is too much, the more inclined others will be to shower you with praise. **SALLY BROMPTON**

Crossword: Canada Across and Down

See today's answers at metronews.ca/answers.

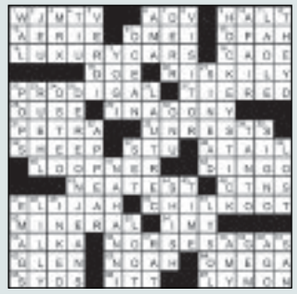
BY KELLY ANN BUCHANAN



Across
1. Cinch
5. Legendary filmmaker, __ B. DeMille (b.1881 - d.1959)
10. Epiphanies
14. Apple or pear, in botany
15. "What __ __ to do then?"
16. V-__ sweater
17. Largest continent
18. Tarnish
19. Squirrel's nest
20. Burnaby, BC-born soccer star, Christine __
22. Rant
24. The Wind in the Willows amphibious character: 2 wds.
25. Office note, commonly
26. Sofa
32. __ deer
35. Pre-euro moneys
36. Tint-to-hair applier
37. Howe'er
38. Called-one's occupation
39. Rock producer Brian
40. Saturate
42. Tom Cruise's first wife Ms. Rogers, and namesakes
44. Pitfall
45. Reconvening-of-Parliament delivery: 2 wds.
48. Calcium-rich vegetable
49. Where Georgetown is the capital
53. Failed the test, __ __ _
56. Ontario/Quebec body of water: 2 wds.
58. Elvis Presley's at-birth middle name
59. __ oil
61. Theatre award
62. Styx song
63. Ancient inhabitant of the Eternal City
64. Just about
65. Snick-or-__
66. Distort
67. Pink Floyd's late guitarist Mr. Barrett, and others

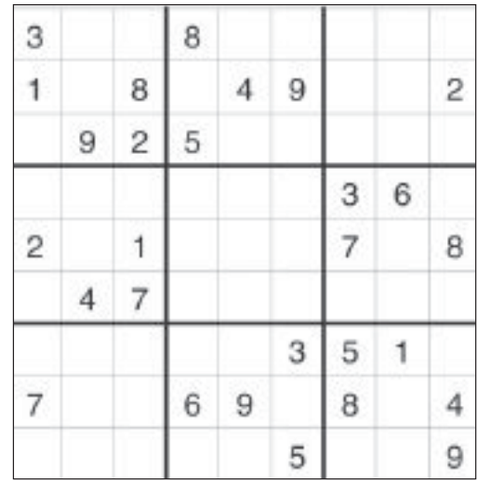
Down
1. Muscle cramp
2. Reply to a Drill Sergeant: 2 wds.
3. Make _ __ (Bring in the big bucks)
4. Bright bird
5. Nova Scotia: Star-shaped military attraction, Halifax __
6. Actor Mr. Morales
7. Coconut fibre
8. Roadside stop
9. Pen-to-paper messages
10. Mobile device operating system
11. Greek Myth: Olympian queen
12. Performed perfectly
13. Scottish dog breed, __ Terrier
21. __-di-dah
23. Global currency org.
25. Not-nice person
27. Actor Gary
28. Toronto: __ International Hotel & Tower
29. Glaring glancer
30. Ms. Horne
31. Fall
32. __. __. Helens, Wash.
33. "Whoops!": 2 wds.
34. Glide
41. Beer brewed in Creston, BC
42. 'City of Northern Lights' in Saskatchewan
43. Section
44. "O Canada" part that 'in all of us' is more gender-neutral than, as in recent headlines: 2 wds.
46. Grandmother, to some
47. Pool stick
50. Convent
51. Greek Myth: Water nymph
52. Tourist attraction in Australia, __ Rock
53. Talks
54. Port city of Algeria
55. Bride-__-__
56. Mr. Hendrix
57. Ms. Gardner's
60. Down

Yesterday's Crossword



Sudoku

How to play
Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.



Yesterday's Sudoku

3	8	6	2	5	7	4	9	1
5	9	7	4	1	6	8	3	2
4	1	2	8	3	9	7	6	5
2	4	3	5	7	1	9	8	6
1	6	5	3	9	8	2	7	4
8	7	9	6	4	2	5	1	3
9	3	8	1	2	5	6	4	7
6	2	1	7	8	4	3	5	9
7	5	4	9	6	3	1	2	8

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Variable

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Ford

SWAP YOUR RIDE ECOBOOST® CHALLENGE

"I WOULD DEFINITELY SWAP MY RIDE FOR THIS F-150. YOU CAN HAVE MY TRUCK."

- LAURENCE A. AND JEAN-MARIE A.

FUEL EFFICIENCY AND PERFORMANCE. THAT'S THE ECOBOOST ADVANTAGE.

UP TO **$9,250*** IN MANUFACTURER REBATES
ON MOST NEW MODELS
(2013 F-150 SUPERCREW AMOUNT SHOWN)

2013 **F-150** SUPERCAB XLT 4X4 5.0L

PURCHASE FINANCE FOR **$198^@ 4.49%^APR**
Bi-weekly for 72 months with **$0 down**.
OR CASH PURCHASE FOR ONLY **$26,999^**

10.6L/100km **27MPG** HWY**/15.0L/100km **19MPG** CITY**

F-150 OFFERS BEST IN CLASS PAYLOAD

F-SERIES CANADA'S BEST-SELLING TRUCKS FOR 47 YEARS‡

OR STEP UP TO A

2013 **F-150** SUPERCREW XLT 4X4 5.0L

FOR ONLY **$20^ MORE BI-WEEKLY**

WELL-EQUIPPED WITH:
17" Machined Aluminum Wheels /// AdvanceTrac® with RSC®
/// Trailer Sway Control AND MUCH MORE.

10.6L/100km **27MPG** HWY**/15.0L/100km **19MPG** CITY**

Offers include $9,250 in manufacturer rebates and exclude freight and air tax.

PLUS

COSTCO® WHOLESALE

ELIGIBLE COSTCO MEMBERS RECEIVE AN ADDITIONAL $1,000^^
ON MOST NEW MODELS.

Take the EcoBoost Challenge and Swap Your Ride today.
Only at your Prairie Ford Store.

Ford
Go Further
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SiriusXM
Available in most new Ford vehicles with 6-month pre-paid subscription

Vehicle(s) may be shown with optional equipment. Dealer may sell or lease for less. Limited time offers. Offers may be cancelled at any time without notice. See your Ford Dealer for complete details or call the Ford Customer Relationship Centre at 1-800-565-3673. For factory orders, a customer may either take advantage of eligible Ford retail customer promotional incentives/offers available at the time of vehicle factory order or time of vehicle delivery, but not both or combinations thereof. †Until October 31, 2013, receive 0% APR purchase financing on new 2013 Focus (excluding BEV) for up to 72 months and until December 2, 2013, receive 0% APR purchase financing on new 2013 Ford Edge (excluding SE) for up to 48 months; 2014 Ford Taurus for up to 60 months; 2014 Fiesta for up to 72 months to qualified retail customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Example: $26,000 purchase financed at 0% APR for 48/60/72 months, monthly payment is $520.83/ $416.66/ $347.22, cost of borrowing is $0 or APR of 0% and total to be repaid is $26,000. Down payment or purchase financing offers may be required based on approved credit from Ford Credit. Taxes payable on full amount of purchase price after total manufacturer rebate has been deducted. Offer includes charges for freight and air tax ($1,700) but excludes options, license, fuel fill charge, insurance, dealer PDI (except in Quebec), PPSA (if financed or leased), administration fees, any other applicable environmental charges/fees and taxes. All prices are based on Manufacturer's Suggested Retail Price. Delivery Allowances are not combinable with any fleet consumer incentives. ^ Until December 2, 2013, receive [4.49%] APR purchase financing on new 2013 F-150 SuperCab XLT 4x4 5.0L/ F-150 SuperCrewXLT 4x4 5.0L models for up to [72] months to qualified customers, on approved credit (OAC) from Ford Credit. Not all buyers will qualify for the lowest interest rate. Get the above for [$26,999/$29,749] purchase financed at [4.49%] APR for [72] months, with [$0] down payment, monthly payment is [$428/$472] after total price adjustments of ~Winter Safety Package cash alternative of [$0] and delivery allowance of ($9,250), (the sum of twelve (12) monthly payments divided by 26 periods gives payee a bi-weekly payment of [$198/$218], interest cost of borrowing is [$3,889/$4,259] or APR of [4.49%/4.49%] and total to be repaid is [$30,888/$34,008]). Down payment may be required based on approved credit from Ford Credit. All purchase finance offers exclude freight and air tax ($1,700) license, fuel fill charge, insurance, dealer PDI, registration, PPSA, administration fees, any environmental charges or fees, and all applicable taxes. Taxes are payable on the full amount of the purchase price. All prices are based on Manufacturer's Suggested Retail Price. Delivery Allowances are not combinable with any fleet consumer incentives. ^^ Offer only valid from September 4, 2013 to October 31, 2013 (the "Offer Period") to resident Canadians with a Costco membership on or before August 31, 2013. Use this $1,000 CDN Costco member offer towards the purchase or lease of a new 2013/2014 Ford (excluding Fiesta, Focus, C-Max, Raptor, GT500, Mustang Boss 302, Transit Connect EV, and Medium Truck) or Lincoln vehicle (each an "Eligible Vehicle"). The Eligible Vehicle must be delivered and/or factory-ordered from your participating Ford dealer within the Offer Period. Offer is only valid at participating dealers, is subject to vehicle availability, and may be cancelled or changed at any time without notice. Only one (1) offer may be applied towards the purchase or lease of one (1) Eligible Vehicle, up to a maximum of two (2) separate Eligible Vehicle sales per Costco Membership Number. Offer is transferable to persons domiciled with an eligible Costco member. Offer is not combinable with any CPA/GPO or Daily Rental incentives, the Commercial Upfit Program or the Commercial Fleet Incentive Program (CFIP). Applicable taxes calculated before $1,000 CDN offer is deducted. **Estimated fuel consumption ratings for the 2013 F-150 SuperCrew XLT 4x4 5.0L-V8. Fuel consumption ratings based on Transport Canada-approved test methods. Actual fuel consumption will vary based on road conditions, vehicle loading and driving habits. ‡‡F-Series is the best-selling pickup truck in Canada for 47 years in a row based on Canadian Vehicle Manufacturers' Association statistical sales report, December 2012. ‡When properly equipped. Max. payloads of 3,120 lbs/3,100 lbs with 5.0L Ti-VCT V8/3.5L V6 EcoBoost 4x2 engines. Class is Full -Size Pickups under 8,500 lbs GVWR. ©2013 Sirius Canada Inc. "SiriusXM", the SiriusXM logo, channel names and logos are trademarks of SiriusXM Radio Inc. and are used under licence. ©2013 Ford Motor Company of Canada, Limited. All rights reserved.